



Gate 1 closed

Gate 1 is closed for six weeks due to ongoing construction to the gate, Nelson Boulevard and Highway 115. Traffic will be detoured to Gate 2, O Connell Boulevard at Highway 115, during this time.

Community

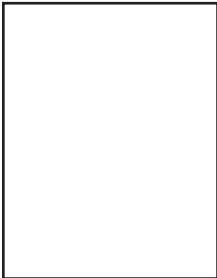
Fire Prevention Week runs Sunday to Oct. 10. Fort Carson Fire Department schedules events throughout the



Off-limits list update

According to the most recent off limits establishments list, signed by Maj. Gen. John M. Riggs, commanding general, the Funktion and Baker Street Complex is no longer off limits to Fort Carson personnel.

Happenings



Pueblo s Rosemount Museum, built more than 100 years ago, rated as one of the top 100 U.S. homes. Page B1



Russian officers look at a Bradley fighting vehicle during a visit Tuesday to the 1st Squadron, 3rd Armored Cavalry Regiment motor pool.

Photo by Pfc. Socorro A. Spooner

Russians visit Mountain Post

by Pfc. Socorro A. Spooner
Mountaineer staff

The Russians are coming, the Russians are coming, actually they are already here. A team of 15 Russian environmental officers from the Russian Ministry of Defense visited the Mountain post Tuesday to observe how the Army is working to protect the environment.

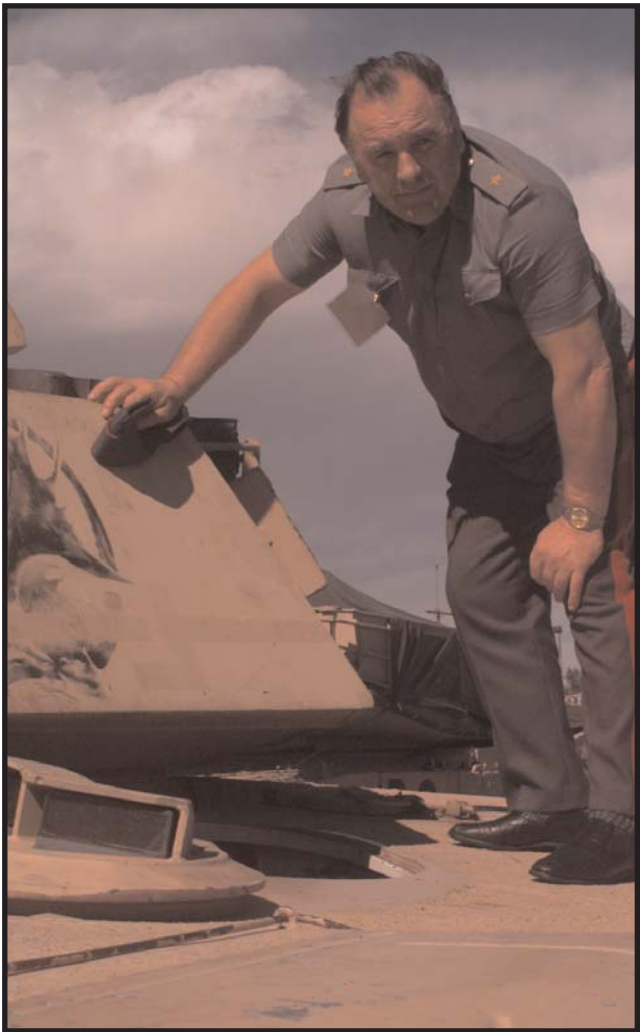
The Russians visit to the post is part of the U.S.-Russian Bilateral Environmental Management Course which is being conducted at the Air Force Academy through today. The executive level course is used to introduce the officers to the legislative basis, principles, procedures and systems used to implement U.S. Federal environmental laws.

The environmental concerns in the Russian military and the U.S. military are similar, said Col. Victor Usaty, head of the Russian delegation. A main concern for Russia is the disposal of petroleum.

The delegation was eager in its visit to understand how the Army stays in compliance with the Environmental Protection Agency regulations. As part of their visit the delegation saw firsthand what it takes to stay in compliance with the EPA as they visited the 1st Squadron, 3rd Armored Cavalry Regiment motor pool. The delegation s many questions and concerns were answered by Lt. Col. Mark W. Maiers, commander 1st Sqdm., 3rd ACR and by Staff Sgt. Charles Duesling, environmental NCOIC.

Many of the concerns and questions dealt with how things like oil leaks are controlled and the disposal of oil and petroleum.

To prevent oil leaks from vehicles, we place oil pans under the vehicles to prevent oil from



A member of the Russian delegation steps aboard an M1A1 tank.

spilling onto the ground and saturating it, said Duesling.

Overall, the Russians asked many questions and received many answers that they plan to take back to Russia and implement. The course, aside from giving the delegation hands-on experience by taking them to the different military installations throughout the Colorado Springs area, is also covering issues concerning Department of Defense Environmental Policy development, interaction and partnering, and

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Commanders



Riggs

"... spouse and child abuse are incompatible with military service."

Each October, the Mountain Post Team dedicates itself to the critical mission of domestic violence prevention. This is not merely a month-long reminder, but an opportunity to set a strategy for prevention that will last throughout the year. The guidance and support provided by Fort Carson's Family Advocacy Program, run by Jeannie Koss, is vital to the success of this mission.

This year's theme is "Domestic Violence Prevention: Today's Choice for Generations to Come." The steps we take today to prevent domestic violence have a profound and positive impact on the way our children grow up to become responsible and caring adults. The slogan for this year's campaign is "How do you want to be remembered?" This question gives our community the opportunity to address issues which will ensure we, as parents and spouses, are remembered fondly by our loved ones.

The experts have spoken on the importance of prevention today for positive impact on generations to follow. Significant research has helped clarify that a home with demonstrated violence between adults is also damaging for any children living in

this environment. Beginning now, we must work to assure that today's children grow up with memories that will help them break the cycle of domestic violence.

I am dedicated to making prevention work. It is not enough to focus just on what happens in our personal lives. The message we send reaches everyone in our community. I will not stand by and allow domestic violence to occur. Everyone has the responsibility to make this message clear, both by word and in deed. Nobody said that domestic life would be easy. But, there is no excuse for domestic violence — its presence in a home can tear a family apart and rob children of their innocence. To paraphrase the themes of the past three years: We all have to "protect and defend" our spouses. We all need homes that are "safe and secure." The bottom line is that "domestic violence prevention begins with me" — and with you and every individual in the Mountain Post community. Remember, spouse and child abuse are incompatible with military service.

Our Army builds strong soldiers. We have it in our power to end domestic violence once and for all. Our children and grandchildren will grow up to protect and defend the people in their lives — they will grow up to be strong and secure, if we all work to stop domestic violence today.

Our Family Advocacy Program is a valuable asset to the entire community. There are programs in place to get members of our community the help they need to prevent and put an end to domestic violence in the home. Some programs offered to prevent violence in the home are: the Nurturing

Program, Single Parent Stepfamilies and the For information on t 4590. Additionally, Domestic Violence A Control Groups, Co and individual marit 526-4585 for inform

Once an incident occurred, Social Wo Community Hospital assessment and notifi Case Review Comm on substantiated case company level comm

Suspected or act abuse will also be re Sergeant for investig actual crimes and w respond decisively t repeated incidents. M pected incidents of c at 526-4585 during hours, to the military Emergency Room 5

It is imperative t tion on domestic vio throughout the year. on us to make this c tions to come.

Proud to serve!

Sound Off!

What factors do you think contribute to domestic violence?



Staff Sgt. Miguel Hunt, Cheyenne Mountain

I think lack of stability, morals, financial stability and frustration are



Deanne Lazano
Family member

I think money and stress are factors of domestic violence.



Master Sgt. John Smith,

Medical Detachment I think incompatibility and alcoholism are contributing factors.

News

DECAM reps keep training areas in to

by Dennis Plear

Directorate of Environmental Compliance
and Management

Healthy ecosystems are needed to conduct mechanized military training. It's not just driving from the motor pool to a tank trail. Downrange Fort Carson and Pinon Canyon Maneuver Site means safety briefings, railheading, convoying and dust or mud. In order to keep the training lands use able, the Integrated Training Area Manager and the Range Conservation Team of the Directorate of Environmental Compliance and Management plant grasses, eliminates erosion and manages the training lands.

A healthy ecosystem supports military training mission lands which is a valuable Army asset. The Army realizes that training to standard impacts training lands.

"I don't believe that most soldiers understand the reasoning why we may recommend amber or red condition if rains occur as they are training on Fort Carson or at the PCMS. The fact is, the training lands that we have today must be conserved for soldiers of tomorrow," said Brian Goss, Integrated Training Area Management program manager.

Healthy ecosystems play a vital role in our environment, and installations can best maintain

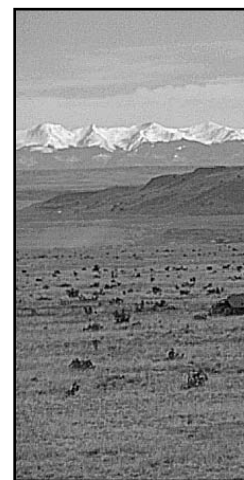
ecosystems by giving special consideration to soil and vegetation characteristics, surface and underground water, wetlands, archeological and geological sites, flood plains and wildlife resources in their operations, development, design, construction and maintenance activities.

PCMS is the second largest maneuver facility in the Continental United States with more than 236,000 acres of training lands. No live fire is conducted at PCMS.

"We can accomplish most training associated with a regiment," said Goss. Conducting regimental lane training (using the same terrain over and over to improve unit proficiency) is a bit tight, but squadron and troop lane training is easily achieved. In areas where units wish to train, and obstacles such as archeological sites and raptor nests are located, good planning has resulted in training scenarios that call for these locations to be mine fields or slimed areas (contaminated with persistent chemical agents). These constraints can enhance realistic training, because no matter where troops are deployed, there will be constraints," Goss said.

DECAM works with many units on the installation to ensure that land maintenance and rehabilitation are conducted as needed.

Earlier this year both 3rd Armored Cavalry



**PCMS is the s
facility located
United States.**

Regiment and 3rd L heavy equipment w rehabilitate and con in need. This effort stantial resources a gullies that were sa nized training.

At the same tin area to training in c

For more inform Brian Goss at 526-

Arkansas National Guard visits

Fort Carson Public Affairs
Office

Total Army integration means moving the Army from three components to one seamless 21st Century force designed to meet the challenges of supporting America's National Military Strategy.

On Monday, the Arkansas Adjutant General, Maj. Gen. Don L. Morrow, and Arkansas' 39th Infantry Brigade Commander, Brigadier Gen. Walter A. Paulson II, met with Maj. Gen. John M. Riggs and Fort Carson staff to initiate the relationships for the new integrated division here.

Over the next year, the Army will create two integrated divisions, each with three Army National Guard enhanced separate brigades, each under a headquarters commanded by an active-duty major general.

Fort Carson has been selected as the point element for one of these divisions. Three light infantry

brigades from Oregon, Arkansas and Oklahoma will come under the command of an active Army division headquarters at Fort Carson.

The division headquarters will have a well-defined training and readiness oversight responsibility for these brigades.

The purpose of the division is to demonstrate AC/ARNG integration, enhance premobilization and postmobilization preparation for war, and facilitate more rapid deployment of these brigades.

As the division gains experience and more fully defines the potential of the organization, there is a possible future opportunity to field a deployable integrated division.

"I think we have an interesting year, maybe a couple of years ahead of us," said Morrow. "We may have to compromise on some ideas in bringing the 39th into the division but we anticipate better training and I



Maj. Gen Don L. Morrow, left, Maj. Gen. Brig. Gen Walter A. Paulson II, exchanging Sept. 28 at Fort Carson headquarters.

Community

Combined Federal Campaign off at Fort Carson with agency

by Pfc. Socorro A. Spooner
Mountaineer staff

The Mountain post Combined Federal Campaign 1998 is now in full swing. The campaign this year began with a CFC Kickoff at the Elkhorn Conference Center Sept. 25 with a CFC agency fair.

The kickoff featured an introductory ceremony with local television personality Jon Karroll as master of ceremonies and guest speaker Terri Lujan, a volunteer for the Make a Wish Foundation. Lujan spoke about how her four-year old son benefited from the Make a Wish Foundation before dying of a terminal illness.

She said, A full week at Disney World for our little boy brought memories of a lifetime, and our hearts such joy. It allowed us to be a family and Ricky to just be a kid.

Aside from having her son be a recipient of a wish, Terri also volunteers for the Make a Wish Foundation of Colorado to help others make their wishes come true.

I do my volunteer work straight from my heart, she said. So ... give from your heart to the one that you choose ... one day you may be in my shoes.

The kickoff continued with refreshments and more than 30 CFC programs showing soldiers, family members and civilians what their organizations do for the community. Some of the organizations present at the fair were the Pikes Peak Humane Society, Canine Companions for Independence, Military Community Youth Ministries and the National Kidney Foundation.

The CFC campaign is currently under way and unit key workers are currently accepting



Soldiers and families get information about different agencies at the CFC Agency

donations. Dependence on the agency is made, some

'The Great Escape' prepares to blaze through Mountain Post

National Fire Protection Association

When you hear the term The Great Escape, images of Houdini and disappearing acts may come to your mind. The Fort Carson Fire Department is announcing that The Great Escape will take place at Fort Carson this October, but they're not planning to make local residents disappear. In fact, the FCFD has been working in conjunction with the nonprofit National Fire Protection Association and fire departments throughout the United States and Canada to implement the first-ever North American fire drill. The Great Escape during 1998 Fire Prevention Week, Sunday through Oct. 10.

Fire Prevention Week

Monday: demonstrations at Child Care Center, building 6058 at 9 a.m. and the Post Exchange at 11 a.m.

Tuesday: fire drills (postwide), 9 to 10:30 p.m. and Mountainside Assembly, 10:30 to 12:30 p.m.

Wednesday: Abrams Assembly, 8:30 a.m. to 3 p.m. and demonstration at the Post Exchange from 9 a.m. to 3:30 p.m.

Thursday: demonstration at the Post Exchange 9 to 11 a.m.

Oct. 9: demonstrations at Child Care Centers, buildings 6266/6267, 9 to 9:30 a.m. and the Post Exchange 10 a.m. to 2

The Great Escape is a concerted effort to get citizens throughout North America actively involved in fire safety, specifically home escape planning and practice. The FCFD is strongly encouraging all Fort Carson personnel to develop home escape plans and practice them on Wednesday at 6 p.m. during The Great Escape.

The Great Escape is a fun activity for entire families to participate in during Fire Prevention Week, but it also could save their lives, said Jerry Morrison, inspector/investigator, FCFD. If a fire breaks out in your home, you and your family only have a few minutes to escape safely. Home fire escape planning and practice ensures that everyone in the household will know how to use that small window of opportunity effectively and get out alive.

NFPA, the official sponsor of Fire Prevention Week for more than 70 years, developed The Great Escape theme in response to results from its 1997 Home Escape Survey that showed only 16 percent of respondents who had escape plans actually practiced them.

These findings demonstrate that most people are not well prepared if a fire does occur in their home, says Meri-K Appy, NFPA's vice president of public education. Our hope is that The Great Escape motivates people to begin thinking about fire safety in a posi-



Sparky the "dog" during the "Great Escape"

tive, proactive way. Home escape plans are a must for every household this year.

In addition to the demonstration on Wednesday, the Fort Carson personnel will be participating in the National Fire Protection Association's The Great Escape Home Escape Plan Contest. Everyone who submits a plan may submit it to the nearest fire department or fire station. The NFPA will announce the grand prize winner on October 10. Up to four people may win.

When developing a home escape plan, the FCFD encourages people to map out a home escape route. The

Depression an illness, not a mental disease

Evans Army Community Hospital

Wednesday has been designated National Depression Screening Day, and many of us are probably wondering why such a day has been created. The rationale for taking one day out of the year to focus on the illness of depression becomes very important when examining the tremendous impact that depression has on the health and wellness of thousands of Americans.

The Centers for Disease, Control and Prevention has estimated that depression affects the health of more than 13 million Americans each year. More than 30,000 Americans commit suicide each year, with 95 percent of those who take their own life doing so at the height of a depressive episode. Due to inaccurate methods of reporting, the actual suicide rate, according to the CDC and National Institute of Mental Health, in all probability is two to three times higher. This is an American tragedy, which in many cases could have been prevented. Depression, like many other illnesses, untreated can lead to substance and familial abuse, unintentional injury and homicide.

Depression is an illness, not a disease. For many years, it has been viewed by elements of society as a stigma that has influenced the efficacy of public education and early, proactive treatment for sufferers. A primary goal of National Depression Screening Day is to provide those suffering from depression, or perhaps family members, friends, colleagues or acquaintances, the opportunity to access caring professionals who can provide not only professional assessment and information, but also a referral to the appropriate resource for further assistance.

The Evans Army Community Hospital Mental Health Services Careline, in conjunction with the Fort Carson Wellness Center, will provide assessment and referral services from 8 a.m. to 11 a.m. Wednesday at the Wellness Center, building 1526. If you, or someone you care for is experiencing depression, please use this opportunity to begin the process of healing. For further information, contact the EACH Mental Health Careline at 526-5376 or 526-4585.

Assistance or information should be sought if you or a friend are experiencing any of the symptoms listed below, and they have persisted more than two weeks. It may be more than just the blues or being a little down.

If you have feelings of:

Sadness, emptiness, loneliness, pessimism, guilt, helplessness or worthlessness.

Are you/they:

Unable to make decisions, concentrate or remember. Lost interest or pleasure in ordinary activities. Experiencing more problems with work or family.

Do you/they complain of:

Loss of energy; feeling slowed down; having trouble going to sleep, staying asleep, or getting up; experiencing eating problems (loss or gain in weight); headaches, stomachaches, backaches, pain in arms/legs or pain for no apparent reason.

Has your/their:

Behavior changed suddenly creating: restlessness, irritability, urges to be alone most of the time, missing of work or social activities, increase in drinking or drug use.

Have You/They:

Talked about or experienced increased ideation about death, suicide; attempted a sui-

HEAR survey filled out Prime enrollment

Evans Army

The Health E

Review, or HEAR CARE Prime enrollment will have an opportunity coming weeks. The survey takes 20 minutes to fill out.

The HEAR survey will determine an individual's health status, confidential results will be shared with each individual's Primary Care Manager. The PCMs will use the results to plan individual wellness programs.

Active duty TriWest soldiers will complete the survey and receive their annual flu shot. The survey is distributed to units and clinics. Unit flu shots will be given at points of contact with soldiers in their units.

All other TriWest soldiers will receive the HEAR survey. TriWest, the TRIWest Health System, will begin mailing the survey to patients. Patients should return it to TriWest. The survey envelope includes instructions.

For more information, contact the toll-free HEAR Helpline at 1-800-3130.

New season opens on Fort Carson ch

Fort Carson Public Affairs Office

No more reruns. The new television season is here.

That also means a change for Fort Carson cable subscribers, on channel 10.

No longer just the Community Bulletin Board, Carson 10 will have programming from the Army, Air Force and Navy and original programming from Fort Carson.

Beginning today, Army Newswatch, produced by Soldier's Radio and Television in Alexandria, Va., airs four times daily: 7 a.m., noon, 7 p.m. and midnight. The show highlights happenings in the Army around the world and information of importance to soldiers, Department of Army civilians and their family members.

Air Force News, a half-hour news magazine from Kelly Air Force Base, Texas, airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News, which follows the fleet around the world, airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

The Army and Air Force news programs change every two weeks and the Navy/Marine Corps News changes weekly.

Also coming to Carson 10 is Mountain Post Magazine, a weekly news digest of people, places and events of interest to the Mountain Post family. The programming is produced as a joint effort of the Public Affairs Office and the Regional Training Support Center. Mountain Post Magazine premieres

later this month.

Other programs on Carson 10. The Community Bulletin Board will continue to be shown between 10 and 11 p.m. Town Hall shows. Town Hall is a weekly broadcast and special programs are shown at various times.

If you have an announcement for Mountain Post Magazine, contact Doug Rule at 526-1234 or Douglas Rule at 526-1234. If you have an announcement for the Community Bulletin Board, contact Remmert at 526-1234. If you have a videotape on a subject of interest, contact the RTSC at 526-1234. A videotape showing requests for

Volunteer sews her way to

ACS recognizes "baby bundles" volunteer for the month

by Pfc. Socorro A. Spooner
Mountaineer staff

Cutting, sewing and putting baby bundles together is what the Army Community Service's volunteer of the month could be found doing on a daily basis.

Julia Camarato, baby bundles volunteer, was recognized by ACS as the volunteer of the month for September in which she received a plaque, flowers, a scented candle and balloons. Camarato was overwhelmed with the recognition especially since she has only been back on the job a short while after the birth of her most recent child in July. The program is very flexible, which works well for Camarato.

You can either volunteer at the ACS baby bundles room or you can take home the bundles and bring them back when you are done, said Camarato.

The bundles consist of one baby quilt, one flannel receiving blanket, one sleeper, one T-shirt, one washcloth, one bib, one bottle and one greeting note, said Camarato. All of the volunteers help out in making the quilts and putting the bundles together. These bundles are distributed to first-time families in which the soldier is a specialist or corporal and below, she said.

I enjoy doing the bundles, said Camarato. I like being able to give back (to the community).

This program is done entirely on donated

items and money. Not even leftover pieces are wasted they are used to make quilts for babies in the local community who have AIDS.

We'd really like to thank the Post Exchange, Hancock Fabrics and all our volunteers for the success of the program, said Camarato.

Volunteers are not required to know how to sew, all they need to be is ready to help, said Camarato. On average, each of the volunteers normally put in around 115 to 125 hours a month working during the week and on weekends at home, said Camarato. There are others who put in less hours which is also helpful to the program. The program is run by Jeannie Koss, program manager and Karen Howard, assistant manager, under Mamie Fletcher Hermes, director of ACS.

The volunteer award, which has only been in place since July, has been awarded to Merina Hopkins for July and George Ann Wilken for August. Hopkins no longer volunteers at ACS, because she has since returned to Bosnia. Wilken is still a volunteer with the Outreach Program, as well as being a member at large with Army Family Team Building.

The main reasons why I originally began volunteering were the free child care available and wanting to be informed about events on post, said Wilken. Now the reason is because just walking into the building it's just like walking into the sunshine.



Julia Camarato,
cuts the edges o

Both Camarato and Wilken are volunteers at ACS. They are people who work there and the camaraderie is one of the reasons why they both continue to volunteer.

Not only does the program help during the day, but it also helps at night.

Where and When

Directorate of Community Activities facilities

Physical fitness centers/swimming pools

Garcia PFC

M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m.

McKibben PFC

M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.

Waller PFC

M-F 6:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.

Mountain Post PFC

M, T, W, F 6:30-9:30 a.m. (Open for after-PT showers only)

Forrest FC

M-F 5:30 a.m.-10 p.m./weekends and holidays closed

Post Field House

M-F 6:30 a.m.-10 p.m./weekends and holidays closed

Indoor Swimming Pool

M-F 6:30 a.m.-9:30 p.m. (lap swimming from 6:30-8:30 a.m./open swimming from noon-10 p.m.)/weekends and holidays, closed

Outdoor Swimming Pool closed

Miscellaneous

Grant Library, building 1528, ph: 526-2350

M-Th 11 a.m.-8 p.m./Fri. 11 a.m.-4 p.m./Sat. and Sun. 10 a.m.-6 p.m.

Multi-Craft/AutoCraft/WoodCraft Centers

W, Th. and F 1-8:30 p.m./weekends and holidays 9 a.m.-4:30 p.m./Mon. and Tues. closed

Community Thrift Shop, building 1341, ph: 526-5966

T, W, Th. 10:30 a.m.-2:30 p.m./ Fri. through Mon. closed

Turkey Creek Recreation Area, ph: 526-3905

W-F 10 a.m.-3:30 p.m./Sat. and Sun. 10:30 a.m.-4 p.m./Office hours: W-Sun. 8 a.m.-4:30 p.m.

Information Tour & Travel, building 1532, ph: 526-5366

M-F 9 a.m.-6 p.m./Sat. 9 a.m.-1 p.m./closed Sun. and holidays

Carlson Wagonlit Travel, building 1532, ph: 576-5404

M, W, Th, F 9 a.m.-6 p.m./Tues. 9 a.m.-5 p.m./weekends and holidays closed

Outdoor Recreation Complex, building 2429, ph: 526-2083

M-Sun. 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.

Pueblo Deli (Elkhorn), building 7300, ph: 576-6646

M-F 11 a.m.-1:30 p.m./closed weekends and holidays

Fatz Pool and Darts, building 1129, ph: 526-4693

T-Th 11:30 a.m.-midnight/F-Sat. 11 a.m.-2 a.m./Sun. 1 p.m.-midnight/Mon. closed

Decades Niteclub

W ed. 5 p.m.-12:30 a.m., Th. 3 p.m.-2 a.m./Fri. 4 p.m.-2 a.m./Sat.

7:30 p.m.-2 a.m./Sun. 4:30 p.m.-12:30 a.m./Mon. & Tues. closed

The Bowling Center, building 1511, ph: 526-5542

Sun.-Th. 11 a.m.-11 p.m./Fri & Sat. 11 a.m.-1 a.m.

Cheyenne Shadows Golf Course, ph: 526-4122

M-Sun. 6 a.m.-7:30 p.m.

Youth Center

M-Th. 3-8 p.m./Fri. 3-9 p.m./Sat. 1-9 p.m. closed Sun. & holidays

Army and Air Force Exchange Service facilities

Barber/Beauty Shops

Ivy Troop Store Barber Shop, building 2355

M-F 7:30 a.m.-4 p.m./weekends and holidays, closed

Prussman Troop Store Barber Shop

M-F 7:30 a.m.-4 p.m./weekends and holidays, closed

Barber Shop, building 1161

M-F 7:30 a.m.-4p.m./weekends and holidays closed

Evans Beauty Shop, building 7500 ph: 540-0462

M-F 9 a.m.-5 p.m./weekends and holidays closed

Post HQ Barber Shop, building 1430



Post Exchange

The Post exchange holiday hours: Nov. 27, 6 a.m. to 9 p.m. and Beginning Dec. 7, hours will be Mon. to Fri. 9 a.m. to 10 p.m., Sat. 9 a.m. to 9 p.m.

Mon. only 7:30 a.m.-4 p.m. (closed holidays but open next business day)

Welcome Center Barber Shop, building 1218

Mon. and Th. only 7:30 a.m.-4 p.m.

Main Store Mall Barber and Beauty Shops, building 6110, ph: 576-6459

M-Sat. 9 a.m.-7 p.m./Sun. and holidays, 10 a.m.-6 p.m.

Mini Mall Barber Shop, building 1510, ph: 576-8013

M-F 7 a.m.-6 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-5 p.m. closed holidays

Shoppettes/service stations

B Street Shopette, building 900

M-F 5 a.m.-midnight/weekends 6 a.m.-midnight

Service Station, building 1515

M-F 6 a.m.-7 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-4 p.m.

Alterations

Military Clothing Sales Store, building 307, ph: 576-4516

M-F 9 a.m.-6 p.m./Sat. 9 a.m.-3 p.m./closed Sun. and holidays

Mini-Mall, building 1510, ph: 576-4304

M-Sat. 9 a.m.-6 p.m./Sun. 10 a.m.-5 p.m./closed holidays

Miscellaneous

Burger King (Specker), building 1520

M-F 6 a.m.-9 p.m. (drive thru until 10 p.m.)

Kentucky Fried Chicken

M-Sun. 10:30 a.m.-10 p.m.

Class 6, building 1524

M-Sat. 9 a.m.-9 p.m./Sun.

Class 6 Annex, building

M-Sat. 10 a.m.-7 p.m./cl

Laundromat, building

M-Sun. 7 a.m.-10 p.m.

Car rental, building 96

M-F 7:30 a.m.-6 p.m./Sat.

TV Repair/UHaul, bui

M-F 10 a.m.-5:30 p.m./Sa

days

Sprint Office, ph: 579-

M-F 9 a.m.-6 p.m./Sat. 1

Main Store Mall, build

M-Sat. 9 a.m.-9 p.m./Sun

Shop, Vitamin Expo, Opti

Main Store Mall Expre

M-F 8 a.m.-3 p.m./Sat. a

Mini Mall, building 151

Chapel

Protestant Sunday School at Soldiers Memorial Chapel will be conducted each Sunday at 9:30 a.m. at the chapel.

An account has been established to receive donations toward the replacement of sanctuary furnishings destroyed during the January fire at Soldiers Memorial Chapel. Send checks or money orders to the chapel or the Installation Chaplain's Office.

Religious Education Classes need volunteers to serve as teachers and assistants in the Protestant and Catholic Religious Education Programs. If interested, call Miki Feldman at 526-0478.

Protestant Women of the Chapel meet every Tuesday at Soldiers Memorial Chapel from 9 to 11:30 a.m. and 7 p.m. Child care is available for both groups. For more information, call Jennifer Wake at 540-9157 or Nancy Beach at 576-4471.

Catholic Religious Education classes are being offered for all ages Sunday morning from 10:45 a.m. at Soldiers Memorial Chapel.

Chapel Schedule

ROMAN CATHOLIC

Chapel	Service	Day	Time	Location	Cont
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital	Fr. C
Healer	Mass	M - W-F	11:45 a.m.	Evans Army Hospital	Fr. C
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis	Chap
Soldiers	CCD	Sunday	10:45 a.m.	Nelson & Martinez	Ms.
McMahon	Mass	Sunday	9:30 a.m.	Bldg. 1517	Chap
Veterans	Mass	Sunday	8 a.m.	Magrath & Titus	Chap

Changes in worship services due to the fire at Soldiers Memorial Chapel are denot

LITURGICAL

Provider	Liturgical	Sunday	10:30 a.m.	Barkeley & Ellis	Chap
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PROTESTANT

Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital	Chap
Prussman	Prot/Samoan	Sunday	8 a.m.	Barkeley & Ellis	Chap
Hamrick/526-4206					
Provider	Sun. School	Sunday	10:15 a.m.	Barkeley & Ellis	Chap
Provider	Protestant	Sunday	9 a.m.	Barkeley & Ellis	Chap
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman	Chap
Prussman	Prot/Gospel	Sunday	11 a.m.	Barkeley & Prussman	Chap
Soldiers	Sun. School	Sunday	9:30 a.m.	Nelson & Martinez	Ms.
Scheck/526-5626					
McMahon	Protestant	Sunday	11 a.m.	Bldg. 1517	Chap
Veterans	Protestant	Sunday	9:30 a.m.	Magrath & Titus	Chap
Veterans	Protestant	Sunday	11 a.m.	Magrath & Titus	Chap

For additional information contact the Installation Chaplain's Office, Bldg. 636. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy at 2636. Normally, free child care is available for infants and preschool age children. Some worship services offer a children's church for ages 6 to 12.

Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Saturday, Psalms 115 & Jeremiah 38-40
 Sunday, Psalms 116 & Jeremiah 41-43
 Monday, Psalms 117 & Jeremiah 44-47
 Tuesday, Psalms 118 & Jeremiah 48-50
 Wednesday, Psalms 119:1-8 & Jeremiah 51
 Thursday, Psalms 119: 9-16 & Lamentations 1-3

Chaplain's Corner

Commentary by
Chap. (Capt.) Ed Williamson
68th Corps Support Battalion

When I was stationed at Fort Rucker, I had a retiree friend who worked at a local pawn shop. I ran into him at a local Daleville furniture store one day and he proceeded to tell me the secrets to separating the true antiques from the clever reproductions.

He showed me a four-drawer dresser and he challenged me to tell him whether it was real or fake. It was dark cherry red and it looked very old. I gazed over the workmanship and looked under the legs. I opened all the drawers and slid them out and examined them. I unscrewed the knobs and looked at the metal screws that connected them to the wood. After my thorough searching, I could only conclude this was a genuine article.

My buddy smiled and told me that the average consumer was accustomed to the look of modern machined furniture and often

was fooled by their preconceptions. A smooth finish was a dead giveaway that modern power tools were used. A shallow scratch showed the pale raw wood underneath. My friend told me that milk paint was used to coat antique furniture, which would seep deep into the wood for an enduring finish. A slight scratch would not reveal naked wood. The dresser drawers I examined were finished with a nice stain even to the backs. Makers of old furniture never bothered to coat the areas that would not show. My friend had demonstrated to me that clever forgeries exist and to be on the watch for them.

Later that week, I went into another antique store and after applying my friend's techniques, I found to my amazement that most of the antique furniture was fraudulent.

The Bible speaks to us in Matthew 25: 31 about fraudulent children of God. In this vivid account of the last judgment, the true children are called sheep and the frauds are

called goats. The measure that God used to determine the difference was their actions. The sheep clothed the naked, ministered to the sick, fed the hungry; visited those in prison and gave the homeless a place to stay. The goats looked somewhat like sheep from a distance, but when it came to doing the true acts, short and were called

The true children by the spirit within love and were accepted favorably by these

Military

HHT 3rd ACR gets taste of history

Spc. Bryan Beach
Mountaineer staff

Soldiers from the Regiment Headquarters, Headquarters Troop, 3rd Armored Cavalry Regiment, marched nearly 24 miles up and back down Gold Camp Road for a three-day, two-night excursion in the mountains of Colorado Monday to Wednesday.

According to 2nd Lt. Andrew Lochner, the mission was a mixture of business and pleasure; a sort of reward for the hard work the soldiers had performed throughout the summer.

"It was a chance to get (the soldiers) out of the work area and onto the scenic trails of Colorado. Kind of a fun thing away from the typical work day, but also to throw in some learning aspects as well," said Lochner. "Throughout the day (Tuesday) we have had various classes from 10 a.m. this morning to (5 p.m.) today with a few breaks here and there."

The classes consisted of basic survival skills, patrolling, unit history

and a preview of what they can expect in the year 2000 when they are scheduled to go to Bosnia, said Spc. Vicki Estes.

"It was a long march (Monday). A few people had some pretty bad blisters," said Lochner. "We decided to stay here (at Wye Campground) instead of going on another 10 miles (Tuesday). That has helped out the morale. The soldiers have been motivated throughout the day. Then the museum guys came and gave a good exhibit of the uniforms and history of the 3rd ACR."

Paul Martin, director of the 3rd Armored Cavalry Museum, and Scott Hamric, the museum's registrar, were dressed in authentic period costumes and spoke about the life and times of soldiers in the U. S. Army in the 19th century.

"We talked about concerns of the soldier today but from the point of view of the civil war soldier. We discuss things like pay, leave, retirement, family and officers," said Martin with a smile. "All the things that affect soldiers today affected soldiers back

then, too."

Martin and Hamric told the soldiers of the unit's history, the hardships of daily life and the evolution of soldiers' weapons.

The soldiers were also given samples of 19th century food when Martin and Hamric handed out food from the period, including salt pork, yams, onions and one staple of the day, hardtack.

Hardtack was a simple flour and water recipe cooked until all the water was out, creating a very hard bread that tended to last quite a while.

"Our program is more of a living history rather than a reenactment of history," said Martin. "We want our audience to understand a little of what it was really like. If soldiers who see the presentation don't get something out of it then we'll stop doing it."

Martin pointed out that no actual artifacts are used in their presentation, but are all reproductions and advised that these costumes and equipment are not for rent. Each uniform complete with weapons and equipment cost nearly \$1,500.

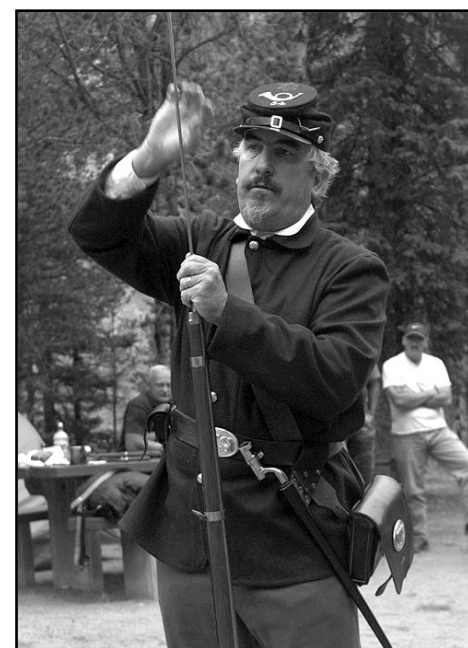


Photo by Spc. Bryan Beach

Paul Martin demonstrates loading a period weapon.

"This has been an esprit de corps," said Estes. "For them to teach us classes and tell us more about our unit's history — it's been fun."

"We march out (Wednesday) morning, but this time it's going down, not up."

Fort Carson units begin NTC rotation

by Pvt. Zach Mott

14th Public Affairs Detachment

FORT IRWIN, Calif. — Every mission has steps.

For Mountain Post soldiers participating in rotation 99-01 at the National Training Center here, the first step of their mission — to defend the country of "Mojave" — is to off-load equipment from rail cars.

Soldiers from the 3rd Brigade Combat Team, 3rd Armored Cavalry Regiment and the 43rd Area Support Group, who together comprise the Yermo Team, arrived prior to the start of force-on-force maneuvers to unload vehicles from the rail yard at the Marine Corps Logistics Base Yermo Annex, located 30 miles south of Fort Irwin, in Yermo, Calif.

The majority of the vehicles soldiers will need for this rotation were loaded onto trains at Fort Carson and shipped to the Yermo rail yard.

The other vehicles are being supplied from the vast motor pool here.

Before the off-loading can begin, soldiers must unshackle the chains attaching the vehicles to the train. Then the off-load is ready to begin.

For each vehicle to be off-loaded from the rail, four soldiers are required. The teams include a driver, and three ground guides — one in the front and one on each side of the vehicle.

Once the equipment is successfully off-loaded from the rail it is driven to a staging area and parked tactically with all of the other off-loaded vehicles.

Each bumper number is recorded, and the unit is notified their equipment is ready to be picked up, said Sgt. 1st Class Danny George, of Headquarters, Headquarters Troop 3rd ACR, non-commissioned officer in charge of the Yermo Team.

Units then send drivers to retrieve their vehicles. These drivers board a bus at the Movement Control Center here and are driven to the rail yard. For the movement from Yermo to Fort Irwin the drivers travel in convoy-size elements for safety purposes, George said.

Safety is a prime concern for all of the soldiers involved.



Photo by Pvt. Zach Mott

Specialist Gary Linville, 64th Forward Support Battalion, detaches a chain from the tie-down ring on the back of a trailer.

"When we (safety officers) see a safety violation we immediately stop the soldiers and correct them on the spot," said Pfc. LaShonda Horton, a Fort Irwin safety officer for the unloading.

Whether it be by drinking water to stave off dehydration or following instructions for off-loading vehicles, each soldier does their part to keep this mission safe.

"You can never be too safe," said Spc. Galen Durbin, Headquarters, Headquarters Detachment, 68th Combat Support Battalion, assisting in the off-load.

Time is another important factor when off-loading equipment.

To off-load one train takes anywhere from 30 minutes to two hours, it just depends on the delays, said Maj. Jimmy Davis, HHT, 3rd ACR, officer in charge of the Yermo Team.

Davis said delays include posting gate guards

when the train arrives, waiting for permission from the safety officers to board the trains, breaking the chains and placing spanners — metal panels which connect rail cars together — allowing the wheeled vehicles to drive off the trains.

The soldiers' ability to work together, coupled with the leadership and experience of the non-commissioned officers leading this mission, ensured the off-loading was as smooth and efficient as possible, Barton said.

Leaving the gates at Yermo, the vehicles still have much to do before they are ready to move to the maneuver area.

But the soldiers at the rail head have taken those working in the Dust Bowl one step closer to their eventual destination — out on the high desert of California to meet elements of the 11th ACR world-class opposing forces on the field of battle.



Sergeant Tou Cha maneuvers through the “Weaver.” Soldiers had to weave their bodies over and under the logs, up one side and down the other.



Sergeat Michael Leach lends a hand to Sgt. Daniel Baxter.



Sergeant 1st Class Lawrence Mione is hanging in there.



Sergeant James Wakefield as mentally. Completing sity.

HHC USAG Sergeant's Time

Story and Photos by
Spc. Bryan Beach
Mountaineer staff

Seven thirty-three ... seven thirty-four ... seven thirty-five, said a voice announcing the time for a soldier sprinting across the finish line. Panting and gasping for air, the soldier tucks to a walk. His face is beet red and his shirt is damp with sweat. As he walks around with his hands above his head regaining his composure and strength with every breath, a faint grin curls around his mouth. He ran well and his time, maybe not an Olympic time, was still a good pace to have run through Hell's Half Acre.

Eleven soldiers from Headquarters, Headquarters Company, United States Army Garrison, utilized Sergeant's Time Sept. 24 by going through the United States Air Force Academy's confidence and obstacle courses.

The soldiers gathered at Fort Carson before the sun rose to make the 30-minute drive to the training area at the Air Force Academy.

Sergeant's Time is a training opportunity for noncommissioned officers to be with their troops and get their troops' leadership development and training on primary skills, said Cpl. Gabe Adams.

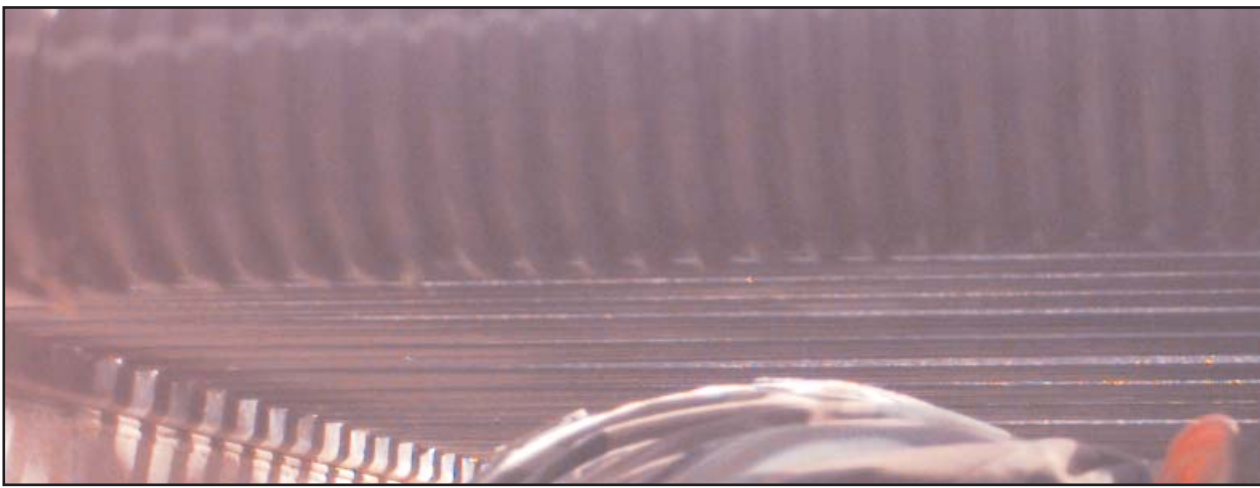
I really had a good time, said Spc. Robert W right. It was a good training exercise. The fact that we got out of the office and did something physical rather than sitting in an office studying a book or file. This was hands-on.

Teamwork, confidence and physical fitness were all a part of the course, said Sgt. 1st Class Lawrence Mione. You can have a lot of fun, build people's confidence and teamwork skills and all the while be safe.

In order to coordinate the event, arrangements had to be made nearly a month and a half in advance.

There is an obstacle course here on Fort Carson that is run by the Outdoor Recreation Center, said Adams. But it costs money to use and we were able to go to the Air Force Academy for free.

It's not something that happens all that



Sergeant Tou Cha in a tight squeeze making his way through the confidence course.



Specialist Neisha Gates leaps into action.



Sgt. 1st Class Lawrence Mione and another soldier race over an obstacle. The course is designed to challenge soldiers physically as well as mentally. The course leaves many soldiers with a feeling of accomplishment and pride in themselves and their ability to overcome diverse challenges.

Soldier of the Year awaits next challenge



Spahos

by Pfc. Socorro A. Spooner
Mountaineer staff

After eight board appearances and hours of studying, Spc. Lee Spahos, Headquarters and Headquarters Company, 1st Battalion, 8th Infantry, has won the honor of Fort Carson Soldier of the Year.

Spahos, who has only been in the Army for a little under two years, has made big strides in making himself known in his unit and on post. Since his first board in January, Spahos has been promoted and has received numerous awards.

“My brigade commander gave me an Army

Commendation Medal the day I won soldier of the year because it helped the image of the brigade,” said Spahos.

It’s hard to believe that Spahos ambitions all began with a friend volunteering him for a unit board. Ever since then it’s been one board after another, said Spahos. “This has helped him to achieve rank even faster than normal,” he said.

“During my first board, I was nervous,” said Spahos. “Now, I don’t get all worked up about participating in a board. I think attitude has something to do with your board performance.”

Spahos, who is currently serving his first military tour, is planning to re-enlist when his term is up.

Spahos’s will attend the Association of the

Soldier/NCO of the 4th quarter

Fort Carson’s Soldier and Noncommissioned Officer of the quarter are:

- Specialist Jacob T. Malsack, 3rd Squadron, 3rd Armored Cavalry Regiment and
- Sergeant Clifton W. Wheeler, noncommissioned officer in charge of Enlisted Assignments.

United States Army convention in Washington, D.C. as the Fort Carson Soldier of the Year representative.

Although he’s not sure when his next board will take place, he said he’ll be ready for it.

\$how me the money



Colbert

by Sgt. 1st Class Kay M. Colbert
3rd Armored Cavalry Regiment

Budgeting should be something every soldier does. It doesn't matter how much money you make. When budgeting your money you should make your money work for you. In turn, you will be in control of your finances.

Budgeting is used to record the income you receive and the amount of expenses you have to cover.

When you budget, you project, organize, oversee and control your income and expenses.

When budgeting, you must set goals. Be specific about dollar amounts and goals. The goal

you want to achieve first, set as your first priority. After accomplishing the first goal, go on to the second, third and so on.

When establishing a budget on paper, use a format that is easiest for you. There are many different computer programs for budgeting, or see your command financial noncommissioned officer for a format.

More times than not, people find out that their expenses exceed their income. In that situation you need to cut back on expenses, earn more income, or a combination of the two, to achieve your goals.

It can be difficult to pick up a second job. In that instance, decide what's important to you in your budget. Many times "wants" override actual "needs."

These needs/wants must be identified and

addressed so that your expenses do not amount to more than your income.

Once your budget is in place, live by it. There will be emergencies, adjustments and changes or deletions from time to time.

Evaluating your budget should take place at the end of each month.

If you have money left over at the end of the month, you might consider applying it to a credit card balance, putting your money in a retirement plan, investing in a mutual fund, or paying extra on the principal of your mortgage or other loan.

When I do soldiers' budgets, it's usually once they are behind in bills. If a budget is put in place at the beginning, maybe a lot of problems could be avoided.

See your CFNCO on information to start your budget.

WWII veterans visit 1st Bn., 68th Armor

by 1st Lt. T. J. Brady
1st Battalion, 68th Armor

The 1st Battalion, 68th Armor recently conducted gunnery training in preparation for the unit’s upcoming deployment to the National Training Center, Fort Irwin, Calif., in October. In addition to the usual rigors of training, the battalion took time to share some insights with World War II veterans Charlie Owens and Jim Bates. Both gentlemen live in the Pikes Peak region. Earlier this year, Owens became acquainted with 1-68th Armor Battalion Commander, Lt. Col. Ralf Zimmermann, while looking at the WWII vintage M4 Sherman tank outside of the battalion headquarters. Zimmermann struck up a conversation with him and other meetings followed where Owens shared stories and photographs of his experiences.

As a member of E Company, 32nd Armor Regiment, Owens served as a driver, gunner, and tank commander from the 3rd Armored Divisions

landing on Normandy Beach a few days after D-Day in 1944, all the way through the end of the war. Along the way, he fought in numerous battles to include the Siegfried Line Campaign and the Battle of the Bulge.

Bates served as a combat motion picture photographer with the 165th Signal Photo Company. As one of a few photographers on Gen. Dwight D. Eisenhower’s staff, Bates was charged with capturing the war as it happened. This often included positioning himself ahead of advancing U.S. troops in order to capture their faces on film during the attack. Bates initially entered the war with the 82nd Airborne Division, making a combat jump into Normandy on the morning of June 6, 1944. Even though Owens and Bates crossed paths when the 3rd Armored Division. entered the German city of Cologne, they did not meet until years later when Owens saw film of his tank during a history program. The footage had been filmed by Bates.

Owens contacted him about 10 years ago and the two have been friends ever since.

When Zimmermann invited Owens and Bates to the unit’s tank gunnery training, both men eagerly accepted.

When they arrived, they were treated to a full overview of the M1A1 tank. Both men had the opportunity to fill each crew position, and inspect all of the features of the vehicle. noncommissioned officers from the unit explained the intricacies of the tank ammunition and gunnery. Zimmermann ensured that the soldiers understood and appreciated the great sacrifices made by their guests.

“It’s nice to be able to give something back to men who have paid their dues, said Zimmermann.

At the end of the day, all parties involved agreed that the event was a worthwhile experience, and similar events are planned for future training events.

Bravo Co., 52nd Engineers work hard building low water crossing

by 2nd Lt. Brian Sherrick
52nd Engineer Battalion

In August and September, Bravo Company of the 52nd Engineer Battalion (Heavy), began construction of the Low Water Crossing at the 7/11 Bypass. The Low Water Crossing consists of 950 feet of tank trail and three 30-foot-by-30-foot concrete pads. It took 110 cubic yards of concrete to fill the three pads.

Second and 3rd Squads from 2nd Platoon Bravo, a Vertical Construction Platoon, and 1st Squad from the Horizontal Construction Platoon, worked on the project.

The Vertical Construction Platoon has carpentry and masonry specialists in the platoon. The Horizontal Construction Platoon has heavy equipment operators such as dozer, scraper and grader operators. It took approximately two months to complete the project.

The Low Water Crossing project provided many challenges for the company. It required platoons to inte-

grate their work schedule to accomplish the mission. Leaders had to work with soldiers and equipment they were not accustomed to.

Since the Low Water Crossing was in a stream bed, progress on the project was weather dependent. In early August, a series of heavy rain-falls delayed the project more than three weeks.

The Horizontal Construction non-commissioned officers had to brainstorm on ways to dry out the stream bed for construction to continue. They accomplished this mission by digging a French drain and filling it with large rocks. Once the stream bed dried up, the Horizontal Construction Platoon placed the base material allowing the Vertical Construction Platoon to set up the form work and place the three 30-foot-by-30-foot concrete pads.

Bravo Company went through a lot of hard work in a challenging environment. The soldiers learned a lot from the experience and they turned out an excellent project.

New government travel card

As of Nov. 30, 1998, NationsBank Visa will be the Department of Defense new government travel card contractor.

The American Express Travel Cards will expire as of Nov. 30 and will no longer be valid for government travel. Cardholders are advised to cut up their cards and throw them away.

Applications for the American Express card will continue until Oct. 30. Only emergency applications can be accepted between Nov. 1 to 15.

NationsBank will forward new cards on or about the second week of October directly to the respective Area Program Coordinator for distribution to American Express card holders

Personnel already on temporary duty during the transition period of November and December should make arrangements with their office to pick up and forward their new cards prior to the American Express card expiration date.

The following are Fort Carson points of contact who are the government travel card Area Program Coordinators for units and directorates:

- John Tack 526-5077, building 6220, for all directorates and Headquarters USAG (civilian personnel only.)
- Staff Sgt. Gloria Smith 526-3413 or alternate 1st Lt. Wendy Ferguson 526-1585 building 1650 for HHC USAG.
- Captain Brian Benko 526-2145 building 2140 or alternate 1st Lt. Romy O’Daniel 526-9547 building 2060 for 3 BDE.
- Sergeant 1st Class Ed J. Laroche or alternate Sgt. 1st Class John Cole 526-1943 building 2352 for 3rd ACR.
- Sergeant 1st Class Lisa Smith or alternate 1st Lt. W. O. Sullivan 526-2759 building 1225 for 43rd ACR.

All other personnel should go to their appropriate Area Program Coordinator.

Dining Schedule

Week of Saturday to Oct. 9

Weekday Dining Facilities	
3rd ACR Patton House (building 2161) 43rd ASG Cheyenne MTN Inn (building 1040) 10th Special Forces Group (building 7481) Butts Army Airfield (building 9612)	
Standard Meal Hours	
Mon., Tue., Wed. and Fri.	Thurs.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Exceptions
<ul style="list-style-type: none">• 10th Special Forces Group meal hours are the same Monday to Friday, but do not apply on Thursdays. No dinner meal served on Fridays.• Butts Army Airfield is open for breakfast and lunch only, Monday through Friday.• Iron Bde. closed through Oct. 12• Cav House closed through Nov. 2.• Mountaineer Inn closed through Nov. 1.

Weekend Dining Facilities/Meal Hours	
3rd ACR Patton House (building 2161) 43rd ASG Cheyenne Mountain (building 1040)	
Standard meal hours	
Brunch	9 a.m. to noon
Supper	3:30 to 6 p.m.
Family members are welcome for the brunch meal on Sunday.	
Oct. 9 (training holiday) only weekend dining facilities are open, serving brunch and supper.	

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Sports & Leisure

Post youth swimming team prepares for season

by Walt Johnson
Mountaineer staff

If he was the football coach at the University of Nebraska, Fort Carson youth swimming coach Jamie Winkler could reload his guns and bring another talented youth swimming team into competition this fall.

If only he was that lucky.

Winkler, who has been the post swimming team coach for the past five years, with amazingly good results, faces a major rebuilding job as only three of the swimmers who have made his team strong over the years are with the team this year.

The loss of so much talent is a direct result of assignment changes, retirements and attrition, but Winkler says this is also a time of challenge for the youth swim team.

"Right now we are trying to build the team back up. We used to have about 25 kids but we have lost a lot of them (12 from last year) for different reasons. We only have three kids returning from last year, so we have some rebuilding to do."

Winkler believes the program is more than just a swimming opportunity for the children that participate because it gives them a number of valuable life lessons.

"We believe the program has a number of advantages for the children. First it gives them a chance to

get a solid workout, it keeps them off the streets and out of trouble and most importantly, it gives them a chance to be in a program with their peers. We do a lot of traveling and competing, and it helps the kids meet new people and mature."

The swimming team competes in competitions designed to get kids ready to swim in state and zone (five state region) competition with an eye toward the junior nationals, senior nationals and, hopefully, the Olympics one day.

Children on the team compete from age 18 and under with the only stipulation being the child must be able to swim one length of the pool free style and one length of the pool using the back stroke.

Winkler is helped on the team by some of his veterans, Megan Luken and Amanda Ledford, who are now 15-year-olds and began swimming for Winkler when they were 10. He said another great part of the program is the way the older children reach back to teach the younger children the art of competing and learning to swim.

Winkler said any child who is interested in being a part of the swimming program should come to the practice sessions held Monday through Friday from 6 to 8 p.m. People may also call him at 526-3107 for more information.



Photo by Walt Johnson

Members of the Fort Carson Tridents swimming team prepare the swimming lanes at the post Indoor Swimming Pool as they get ready for a practice session Tuesday.

Indoor pool schedules fall classes

• Swim lessons: Session I, Monday to Nov. 5; Session II, Nov. 16 to Dec. 17; Session III, Jan. 11 to Feb. 11; Session IV, Feb. 22 to March 25; and Session V April 5 to May 6. Classes are from 5 to 5:45 p.m. either Mondays and Wednesdays or Tuesdays and

Thursdays. Cost is \$20 per session.

- Mom and Me swim classes begin Oct. 12 from 10:30 to 11 a.m.
- Preschool swimming classes start Oct. 17 from 10 to 11 a.m.

For more information about any of the classes, call 526-3193.

Post Physical Fitness Center to host aerobic marathon

by Walt Johnson
Mountaineer staff

If you ever wanted to know what a heart-thumping, blood-pumping, fun-filled, non-stop aerobic marathon workout would be like, your chance is here. Saturday, the Forrest Fitness Center will present its first aerobic-a-thon, from 9 a.m. to 2 p.m., at the Post Physical Fitness Center.

Sergeant 1st Class Terry Morris, Regimental Headquarters, headquarters Troop, 3rd Armored Cavalry Regiment, is one of the people who is looking forward to the aerobic marathon. Morris began aerobic exercising when he was told to do something to ease the strain on his knees. Now the self professed "aerobic workout demon" says Saturday is a challenge that he looks forward to.

"I do aerobics to get good exercise, keep my heart rate up and keep my body in good condition. I am planning to go from 9 a.m. to the end. When I first got into aerobics I didn't know I would be doing this as much as I do. Now that I'm into it, I can't get enough of it."

Another person who plans to be at the Post PFC Saturday is Pfc. Kristen Schilt who wants to see just how much a month in the field has taken away from her fitness routine.

"My unit has been out in the field for the past month. I haven't been able to do any aerobics for the past

month so I plan to do the high level aerobic exercises to see just where I am physically."

Audre Baltazar, a family member, says she has a simple and basic reason she will be participating in the marathon. "To lose weight. I used to do aerobics about three years ago, and then I quit. Now I am trying to get back into doing aerobics again and get back into a regular workout regiment again."

Judy Mintram, a family member, says she is looking forward to the physical challenge the marathon will bring for her. "I am looking forward to the five-hour time-frame and I am particularly interested in seeing all the aerobic instructors in one place at one time. I think it will be educational to see what each instructor teaches and see what other type of aerobic programs I can participate in here."

According to Inez Horn, aerobics program coordinator, the day is scheduled to be filled with opportunities for anyone interested in learning about or getting a full aerobic workout.

Featured at the aerobic-a-thon will be activities such as funk aerobics; high/low aerobics; intro to aerobics; four-step and double-step; step for beginners; weights; kick boxing and super step.

Both high- and low-impact aerobic workouts, taught by certified

instructors, will be offered. Low-impact aerobics programs were developed to reduce stress on the feet and legs, a common area of injury.

Among the instructors participating will be: Christine "Ms. Hardbody" Schlacter; Sharon "Ms. Funk Herself" Haines; Jon Fukushima; Elizabeth "Work them till they Sweat" Casciaro; Mary Orange; Horn and guest instructors Davina Overleas and Jill Wayre.

The time and events for the aerobic-a-thon are:

- 8:30 a.m. to 9 a.m.-doors open for registration;
- 9 a.m. to 9:15 a.m. a safety briefing and warm up with Christy;
- 9:15 a.m. to 9:30 a.m., high/low impact with Davina;
- 9:30 a.m. to 9:50 a.m., introduction to kick boxing with Jon;
- 9:50 a.m. to 10:10 a.m., introduction to step with Inez;
- 10:10 a.m. to 10:30 a.m. beginners step with Mary;
- 10:30 a.m. to 10:35 a.m., water break;
- 10:35 a.m. to 10:55 intermediate step with Sharon;
- 10:55 a.m. to 11:15 a.m., super step with Christy;
- 11:15 a.m. to 11:35 a.m., double step with Jill;
- 11:35 a.m. to 11:55 a.m., kick boxing with Jon;
- 11:55 a.m. to 12:15 p.m., four

step with Elizabeth;

- 12:15 p.m. to 12:30 p.m., funky cool down with Sharon;
- 12:30 p.m. to 12:35 p.m., water break;
- 12:35 p.m. to 12:40 p.m., upper body (bands) with Inez;
- 12:45 p.m. to 12:50 p.m., upper body (pushups) with Christy;
- 12:50 p.m. to 12:55 p.m., upper body (weights) with Elizabeth;
- 12:55 p.m. 1 p.m., abdominal work with Mary;
- 1 p.m. to 1:05 p.m. abdominal work with Davina;
- 1:05 p.m. to 1:15 p.m., inner and outer thigh with Elizabeth;
- 1:15 p.m. to 1:30 p.m., cool down and closing remarks; and
- 1:30 p.m., meet and eat with the instructors, visit information tables and door prize awards.

Horn said this will be a day of exercise conditioning and fun and that is what they hope people get from it.

"We want to emphasize to people that we have a large variety of excellent aerobic programs for them to choose from, but by no means do we want people to think they should do every program we offer. We hope people will look at the list of events we have to offer and choose those which will be of benefit to them."

For more information about the aerobic marathon, contact Horn at 526-2706.

On the Bench

Just who is the
National League’s
MVP after this crazy
season?



by Walt Johnson
Mountaineer staff
*It’s my quarter so I hope
I spend it wisely!*

The season isn’t even over yet in baseball and already the fight about who should be the National League’s Most Valuable Player has begun. The question is, do you go with the Major League runs batted in leader, Sammy Sosa, who also just happened to hit 66 home runs? Or do you go with the guy who had such a great season, Mark McGwire with 70 home runs? You would be committed to an insane asylum for having thought his achievement was possible in April.

I guess in a perfect world the two men who will forever be linked because of the class and grace they lent to a sport that badly needed it, would be declared co-MVPs and the argument would be moot.

But, let’s say we don’t live in a perfect world, and we have to pick one of the two deserving men for the award, which way do you turn?

McGwire had a season that my grandchildren may see someone else duplicate, but I don’t think my kids will see it happen again. When you consider that in the more than 125-year history of major

league baseball only two men had hit as many as 60 home runs, it is absolutely incredible to think about “Big Mac” having gone deep 70 times this year.

But that is only half the story. McGwire was one point shy of batting 300 this year and had more than 135 RBIs this year. Consider what a mess the St. Louis Cardinals would have been in this year without his awesome presence, and you can see why it should be no doubt he is the league’s MVP. In fact, a case could be made he is baseball’s MVP.

But then you have to consider Sosa and his accomplishments. McGwire had the “luxury” of putting up his big numbers without the pressure of a pennant race, which Sosa had to endure. Sosa not only had numbers that in any other year would be a no-doubt MVP season but he also had a season worthy of being the MVP of all of baseball. No one knocked in more runs, only McGwire hit more home runs and he batted just shy of 300 to boot.

All Sosa did was put the Chicago Cubs on his back in the middle of the summer, when no one thought they would be anywhere near the playoffs, and bring them the National League wild card championship after their victory over the San Francisco Giants Monday.

To say Sosa had a season to remember would be like saying John Elway is a good quarterback. Sosa dominated this season like not even a man who hit 70 home runs could dominate. The Cubs are not much better than the Cardinals, yet Sosa lifted this team to the playoffs, while the Cardinals and McGwire are sitting home.

I wish they could give it to both men, but if one man truly had an MVP season it would have to be Sosa.

I’m not a Cub fan and to be honest I like Atlanta Braves broadcaster Skip Caray more than I liked his father Harry Caray as a broadcaster. But isn’t it nice to see the Cubs in the play-

offs in the year Harry left this earth. Sometimes things are more important than who you root for. Holy Cow Harry, this one is for you.

I was surfing the internet on Sept. 21 when I pulled up the USA Today web page and saw the picture of Florence Griffith-Joyner coming into view.

My first thought as the page was booting up, was what is “Flo-Jo” about to do now, I thought she gave up racing? Then the page came into full view and I saw the devastating news, that another athlete went home to glory.

It would be easy and wrong to say she went too soon, that is God’s business and none of mine. In His infinite wisdom it was time for her to come home and I accept that. That doesn’t mean that I can’t wish for what could have been when “Flo-Jo” was in her prime making us all proud to be Americans at the 1988 Olympic games.

All I have done since I heard about her passing, was think about the way she was head and shoulders above the competition at the Olympic games, setting world records that still stand today.

I have read since her passing about what a great person all that knew her said she was. Isn’t that the ultimate legacy to leave behind? No one she was close to talks about the world records, they talk about what a great person she was and what a role model she has been for young girls all over the world.

And then there are the people who would not respect her memory long enough to let her be laid to rest, before they started talking about the possibility of steroid use by this splendid athlete.

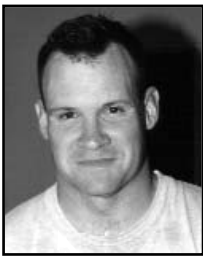
Shame on anyone for not having the decency to let a great athlete have her final run in peace. After all, she ran her other races for our enjoyment — couldn’t we let her have her last race for herself?

Pigskin Picks

College/Pro: Week 5



Lt. Christopher Stein
1/3 ACR



Maj. John Fenzel
2/10 SFG (A)



Staff Sgt. Daniel
Rhinehart
F Tnp 2/3 ACR



Sgt. Ronald Thomas
4/3 ACR HH Troop

Clemson at North Carolina	N. Carolina	N. Carolina	N. Carolina	Clemson
Stanford at Notre Dame	Notre Dame	Notre Dame	Notre Dame	Notre Dame
New Mexico at Air Force	Air Force	New Mexico	Air Force	Air Force
Florida at Alabama	Florida	Alabama	Florida	Florida
Washington State at UCLA	UCLA	UCLA	UCLA	UCLA
Army at East Carolina	Army	East Carolina	Army	East Carolina
Colorado at Oklahoma	Colorado	Oklahoma	Oklahoma	Colorado
Penn State at Ohio State	Ohio State	Ohio State	Penn State	Penn State
Miami at NY Jets	Miami	Miami	NY Jets	NY Jets
Dallas at Washington	Dallas	Dallas	Dallas	Dallas
New England at New Orleans	New England	New Orleans	New England	New England
Seattle at Kansas City	Kansas City	Kansas City	Kansas City	Kansas City
San Francisco at Buffalo	San Francisco	San Francisco	San Francisco	San Francisco
San Diego at Indianapolis	San Diego	San Diego	Indianapolis	San Diego
Minnesota at Green Bay	Green Bay	Green Bay	Green Bay	Green Bay
NY Giants at Tampa Bay	NY Giants	NY Giants	Tampa Bay	NY Giants

Fall soccer season is underway at Fort Carson

A member of the post soccer team dribbles around a defender during soccer action Sunday at Pershing Field. The post soccer team is taking on competitors from the Colorado Springs area each Sunday afternoon at Pershing Field at 3 p.m. The post team is currently playing with a number of players from the "B" squad since many members of the "A" squad are in California participating in a National Training Center rotation, Fort Irwin, Calif. Anyone interested in trying out for the post team should come to practice sessions at Pershing Field at 6 p.m. Tuesday and Thursday.



Photo by Walt Johnson

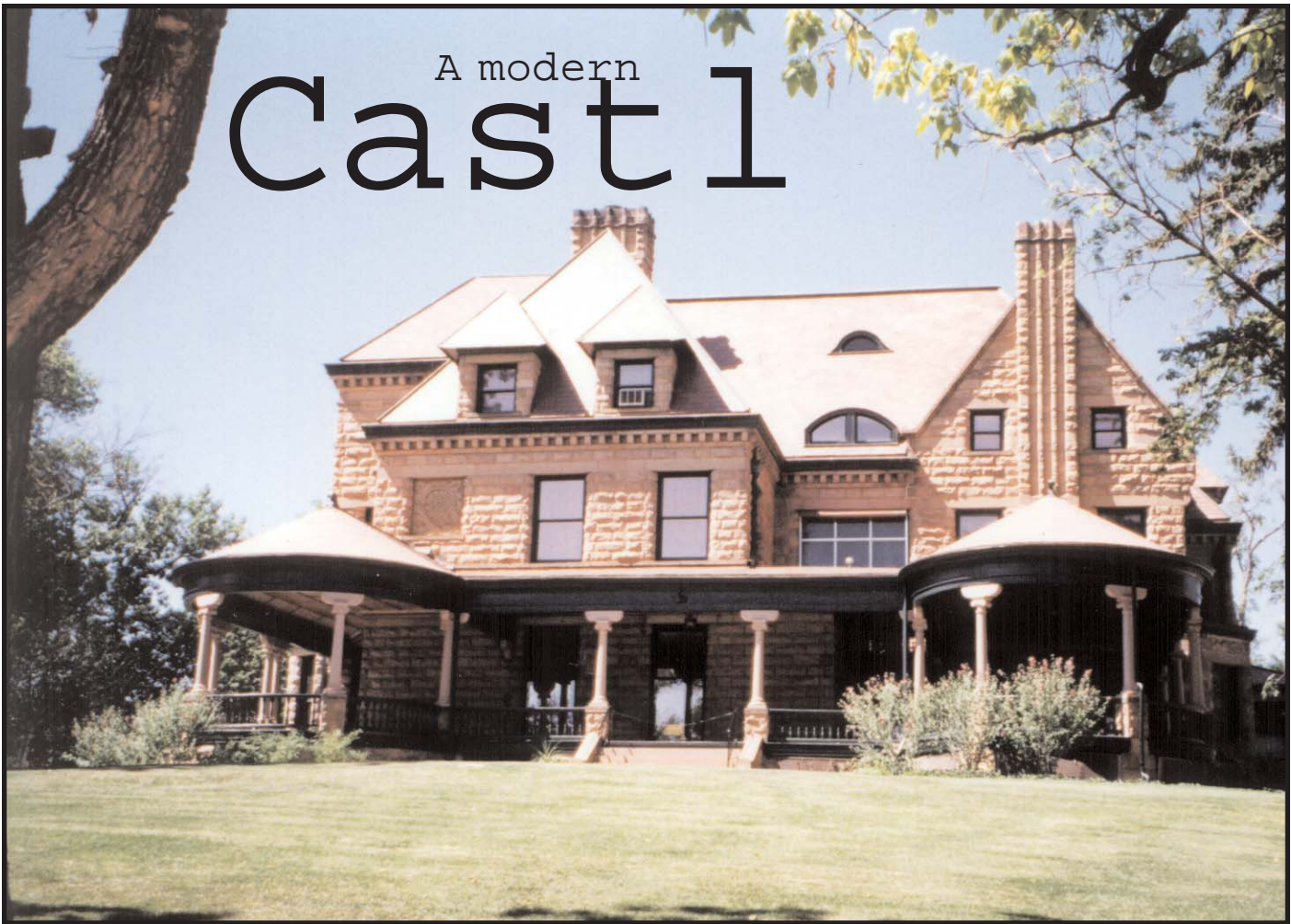


Photo by Nel Lampe

The Rosemount Museum in Pueblo is one of the finest examples of Victorian luxurious mansions in the United States.

by Nel Lampe
Mountaineer staff

re of America s
most elegant
homes,
according to
National



Geographic
Magazine, is
Rosemount in
Pueblo. A luxuri-
ous Victorian man-
sion Rosemount
remains as astonishing today as it was 100

See Rose, Page B2



Photos by Nel Lampe

The 37-room mansion is surrounded by huge trees and sweeping lawns.

Rose

From Page B1

years ago. The home has been featured on A&E Network's *America's Castles*.

Rosemount was built by John Thatcher and his wife, the former Margaret Henry, who was related to patriot Patrick Henry. Margaret's father was a judge. At age 16 she became the first teacher in a Pueblo public school.

Thatcher came west as had many others, seeking adventure and fortune. Although he had been a teacher in Pennsylvania, he took a store clerk's job in Denver when he first arrived in Colorado. Supposedly he took his pay in merchandise, then used his merchandise to set up a store upon his arrival in Pueblo in 1863. Soon Thatcher was known for his honesty and uprightness, and people started asking him to keep their valuables in the store safe.

Thatcher and his brother Mahlon started a bank in 1871. Thatcher was a member

well as a 2,150 square-foot greenhouse. The greenhouse provided flowers and plants for decorating the house, and perhaps some fruits or herbs used in Rosemount's kitchen.

The outside of the house is built of pink granite, quarried at Castle Rock. The slate roof is from Vermont.

In designing the house, Holly also incorporated the furnishings into the designs of each room. For instance, fireplace trim may match the wallpaper, the relief carvings on the ceiling as well as the design on the chamber pot. Furniture was brought in from Philadelphia and some of it had been custom designed.

Lighting was designed to use both electricity and gas. The Pueblo electric plant closed down at 9 p.m., and the Thatchers had to use gas lights if they had guests past 9 p.m.

Many features of the house are quite surprisingly advanced, as the house was constructed more than 100 years ago. There is an intercom system set up to summon servants. The architect built close-

Just

Travel time

For ages

Type

Fun factor

(Out of 5 stars)

Wallet damage

(Based on a family

house. One bathroom has tile in the room.

Ceilings of the house feature carving, but are not Other ceilings are fresh plaster.

As luxurious as the details on the house off such as so and the elevator downturn in the Thatcher to cut b

Some members lived in the house died. The house was museum by the he ly in 1969. Because obtained from the the furnishings are remains much the and Margaret lived many furnishings tors are able to Victorian family l

The original converted into a rat. The restaurant Monday through 2 p.m. A light me restaurant is local desserts

An unusual m third floor of Ro vants quarters. I Andrew McClellan nent Pueblo bus in bringing the helped build the

Community Events ACS

The Family Member Employment Assistance Program offers a Standard Form 171 and Optional Form 612 workshop Wednesday and Oct. 21 and Nov. 4 from 1 to 3 p.m.

These forms are basic federal employment applications. The workshop provides insight into completing applications and general hints about the most effective ways to describe professional experience.

To register or for more information, call 526-0452.

The Family Member Employment Assistance Program holds a resume workshop Oct. 14 and 28 from 1 to 3 p.m.

The workshops include a variety of resume styles. For registration and information, call 526-0452.

An Army Family Team Building Level I class is scheduled for today from 8 a.m. to 4 p.m. at the Army Community Services conference room.

Facilitator training is Tuesday at the ACS conference room. Child care and lunch are provided. To register, call 524-2382.

The ACS Loan Closet is in need of cookware and various items because of the approaching holiday season.

Items needed are: cookie sheets, large baking pans, large casserole dishes, roasting pans, mixing bowls, muffin pans, measuring cups, serving platters, potato mashers and turkey basters. All donations are greatly appreciated and help to better serve families relocating to Fort Carson.

There are two drop-off points: The Welcome Center, building 1218 and ACS, building 1526. For more information, call 526-0349.

The New Parent Nurturing Program meets Oct. 19 through Dec. 7 at the Spiritual Fitness Center from 9:30 a.m. to noon every Monday.

The program covers many topics for new and expecting parents to include: attachment and

The Community Oriented Police Section offers fingerprinting services Tuesdays and Wednesdays from 10 a.m. to noon.

The services are provided to active duty, Reserve, National Guard, family members, retirees, and Department of the Army civilian employees.

COPS also offers fingerprinting of children for identification purposes. There is no fee for the service, but valid military ID is required. For more information, call 526-4887 or stop by the COPS office in building 5510, room 28.

The Army Career and Alumni Program Center hours are: Monday through Wednesday from 7:30 a.m. to 4:30 p.m., Thursday from 9 a.m. to 4:30 p.m. and Friday from 7:30 a.m. to 3 p.m.

The center is in building 1118, room 133.

The 4th Personnel Service Battalion, ID card/DEERS section will begin new operating hours Oct. 13.

Hours will be Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 4 p.m. and Thursday from 8 a.m. to 2:30 p.m. For more information, call 526-8422/8423.

The Post Housing recycling pick-up will now be collected every two weeks instead of weekly.

The three items to be recycled are paper, aluminum cans and plastic containers. Recyclables will still be collected the same day as regular trash pick-up. Place recycle bins next to trash cans. For more information, call 526-7574.

Annual leave donors are needed for James Hardy, an employee of the Fort Carson Fire Department.

He needs annual leave donations to help cover his absences because of the exhaustion of his available paid leave. For information, call Sharon Gayle at 526-1695.

The Fort Carson Directorate of Resource and Management office conducts a sealed bid sale Thursday with all bids to be opened at 7:30 a.m.

Inspection of the items runs from 7 a.m. to 4:30 p.m. Monday through Wednesday. Bids are accepted at building 318 during the inspection period. Items to be offered include computer equipment, office supplies and equipment, medical equipment and photographic equipment. For more information, call 526-6836.

The positions a jobs at the Army and Service.

Spouses and families. The event takes place 182. For more information,

The Points of Difference ship with USA West a Difference Day" Springs.

Volunteers are following community Trail for trail construction, Rock construction, Rock Shopping Park Clean Up.

Busing will be the barracks. For more Van Bergen at 526-

The United States Octoberfest party Oct. 23.

Activities include movies and more. Cents for children. The first 110 military and served at 7 p.m. For 7222.

A Hispanic Heritage held today at Peter Club from 9 p.m. to Trompo."

Music includes Quebraita and much requested. For more

Colorado Springs have early release 20.

Students will be building repairs.

The Community Development is looking with a one-day project

Volunteers will CPCD Early Head Start Elementary. For more ext. 233.

Colorado Springs "Songspillers," is a talented people for

This is a great play competitive league at the Colorado State University. The games are usually held once the season begins. There are 10 games. Five games

Oktoberfest 98

This year's Oktoberfest is at Penrose stadium today to Sunday, from 4 p.m. to midnight tonight and Saturday, and 3 p.m. to 9 p.m. Sunday, featuring live oompah music, beer and bratwurst, schnitzel sandwiches, giant pretzels, pastries, strudel and tortes. Daily admission for Oktoberfest is \$5 at the gate, or \$4 for tickets purchased at Information, Tour and Travel. Anyone 21 or older needs a ticket. Free ticket giveaways are at Neon Sports Saloon, FATZ Pool and Darts, Decades Niteclub the Bowling Center and the ITT office.

American Boychoir

The American Boychoir performs in concert with the Colorado Springs Children's Chorale Oct. 17 at 7 p.m. The concert will be at Shove Memorial Chapel at Colorado College. The American Boychoir, based in Princeton, N. J., is the U. S. equivalent to the Vienna Boys Choir. For more information, call 633-3562.

Oktoberfest at Royal Gorge

It's called Coloradofest at Royal Gorge Bridge, and it includes two live oompah bands, bratwurst, sauerkraut, potato salad and dancing. Entry to the bridge during Coloradofest is half price. Admission during Coloradofest Saturday and Sunday is \$6 for adults — and children ages 4 - 11 are \$4.50. There's a fest tent at the entrance to the park and another across the bridge. Both tents have music and German food available, starting at 11 a.m.

Walking Shield

The Native American Fall Festival is Saturday from 10 a.m. to 4 p.m. at Pikes Peak United Methodist Church, 2927 W. Pikes Peak. A donation

Get Out!

of food or cash will get you in to browse among the 26 art and craft vendors. There's also a bake sale, pot and plant sale, and game booth. Native American-style lunch is available from 11 a.m. to 3 p.m. For more information, call 635-6742.

Hispanic Heritage Dance

A Hispanic Heritage Month dance, Latino Style, with music by "El Trompo," is tonight at 8 p.m. at Peterson Air Force Base's Enlisted Club.

Sponsored by the Penrose Heritage Committee and Schriever, Cheyenne AFBs. A \$2 donation gets you in to the dance to Merengue, salsa and more music.

"T

The Non-Practicing Association presents a Hispanic Heritage Month dance Wednesday from 7 - 9 p.m. at the Catholic Church, 4900 S. Highway 160. For more information, call 592-9311.



An oompah band entertains Oktoberfest-style at the Royal Gorge.

Worth Hearing

Ratings:

★★★★★

5 = a must buy

4 = pitch in with a friend

3 = see if a friend bought it

2 = wait for radio release

1 = not missing anything

Title: *Blue Plate Special*

Artist: Dance Hall Crashers

Tracks: Six Audio/Four Video

Time: 19:30 Audio/12:32 Video

Label: MCA

Rating: ★★★★★

Ain't technology grand! Maybe I'm a little old fashioned, but these multi-media CD's are great fun. And that's exactly what "Blue Plate Special" is — fun. In addition to the 10 tracks, you also get some still photos of the band in action. But more on this later.

First, a look at the video portion of this enhanced CD. The four songs comprising the videos are all up-tempo songs of relationships going bad, gone bad or about to go bad. "Enough Is Enough" is a song about fault. Lead singer Elyse Rogers sings that the breakup of the relationship is her fault, but "I want it to be the same/Just shut up and make it right." The video is the band playing interspersed with old newsreel clips of fights, crashes, daredevils, stunts and train wrecks. These images are no doubt director Mark Kohr's vision of relationships.

The balance of the videos are trying to decide if the relationship is worth the idea of going to the extreme: a trip to the beach deciding to take them on a trip to the beach.

The audio portion of the CD is stripped down rock and roll with guitars and drums to compliment the beat. With Elyse Rogers and Karina Denike. With the tracks are all beat driven rock and roll.

I forgot to mention "I Did It for the Toys" a song the kids should listen to. It's about Santa under the mistletoe, and the toys. It's a stand, but, "I did it for the toys." It's the usual Christmas song.

Even though you will need a computer with a pentium processor and 16 Mb of memory to pick it up. If you don't have a computer, pick up a copy of "Honey I'm Home" a full length music CD from earlier. It will be the most fun you've had with a CD.